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Vol 11 Issue IV

Fight Breast Cancer with Turmeric

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Dear Readers,

I arrived just a few days ago from my 3 weeks trip to USA. My various meetings across different cities was not only pleasurable but a learning experience too. I thank Mr. Gary Grewal for arranging the events and my travel across the country. His constant help not only made my trip successful, but also an enjoyable one. I have been associated with him for the past 10 years now, and it has always been a pleasure working with him.

I also extend my thanks to Ms. Laura Hennings, Ms. Ruthann Hadish, Ms. Sandy Aquilla, Ms. Susi Amendola and Ms. Cary Twomay for their invaluable support. Without them my visit would not have been creative and productive in so many ways.

I visited Reno (Nevada), Ames (Iowa), Omaha (Nebraska) and Lincoln (Nebraska) & travelled for 22 days. Giving consultations and conducting seminars, meetings and workshops was hectic, and at times did tire me to a certain extent. But as a Vaidya (Ayurveda physician), interacting with people from different walks of life and diverse communities and sharing and resolving their difficulties was not only refreshing and fascinating but a rewarding one too. Some came from cities far from my convention place, travelling for long hours on flights to have personal consultation from an Ayurveda doctor from India. Seeing the global acceptance and trust that people now have in Ayurveda, has made me feel proud to be a part in promoting and sharing this ancient science of medicine, yet again.

Consequently my trip overseas has inspired me to share with you all a couple of scientific researches conducted in recent times on Turmeric, one of the many spices used in healing and prevention through Ayurveda.

Turmeric (*Curcuma longa*), also referred to as the 'GOLDEN SPICE OF LIFE' is one of most essential spice used as an important ingredient in culinary all over the world. Turmeric is a tropical perennial plant, domestically cultivated in India since ancient times and is impossible to think of Indian cuisine without its usage. Today, turmeric has found relevance all over the world. In addition from being used in kitchens, turmeric is also of vast medicinal value, utilized in many cosmetic products and is used as a dyeing and coloring agent as well.

So dear friends, here we are to share the values of this wonder spice with all of you to bring in the awareness once again how Ayurveda sees medicine and diet as complementary rather than separate, a principle that can never be overemphasized

We heartily welcome your suggestion on our newsletter to make it more useful and knowledgeable.

Best Regards and Namaste.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

Dr. Kotecha's Itinerary - 2010

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India is traveling in Brazil, Colombia, Curacao, France till 25th June 2010.

He will be visiting Brazil, Colombia, Netherlands Antilles (Curacao island), France and different countries of Europe during the year 2010. His program for the lectures, workshops, personal consultations and Panchakarma at different places is as below. We invite our readers from above countries to attend any of his events to be organized during below said period. To get the details of his travel to the respective countries and to register for an appointment with him, kindly call / contact below.

6th May 2010 to 15th May 2010 – Rio, de Janeiro, Brazil

Contact - Mr. Jorge Farias
E-mail: fariasjh@hotmail.com Ph: (21) 2261.5352

15th May 2010 to 28th May 2010 – Bogota, Colombia

Contact person: Ms. Gisele Dupuis
E-mail : gdupuis@cable.net.co

28th May 2010 to 3rd June 2010 – Curacao

Contact person: Ms. Soraida Bishop
E-mail : fundashongrupopakomunidat@yahoo.com
Website: <http://curvedic.org>
Tel: +5999 5181223.

19th June 2010 to 25th June 2010 - France

Contact person: Mr. Fernard
E-mail : sietpa.sarl@gmail.com
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AKSHAYA PATRA : Good initiative for free food to school going children in India:

The Akshaya Patra Foundation, the world's largest school meal

Website: <http://massages-ayurvedique.com>

Fight breast cancer with Turmeric - By DR. RICHARD BELIVEAU, QMI AGENCY

Curcumin, the primary compound found in the Indian spice turmeric, is becoming increasingly well known as a nutrient with significant potential to prevent cancer, notably breast cancer.

Turmeric is a bright yellow-coloured spice made by grinding the dried roots of the *Curcuma longa*, a plant and member of the ginger family.

Particularly popular in India, turmeric has been used for more than 4,000 years as a crucial ingredient to many of the country's traditional dishes (especially in the making of curry) and as a remedy to treat various illnesses.

In traditional Indian medicine (Ayurveda), turmeric is commonly used as a treatment for external medical issues such as burns, insect stings and bruises, as well as internally as a remedy for gastrointestinal problems, arthritis and various inflammatory illnesses.

Research conducted in recent years has shown that the health benefits associated with turmeric are primarily due to curcumin, the main polyphenol found in the spice. One of this compound's most significant qualities is its anti-inflammatory properties, an ability that comes from its capacity to block certain genes that are essential to the production of molecules that cause inflammation by attacking immune system cells.

From a clinical point of view, this activity is interesting because such inflammation is closely linked to the development of most chronic illnesses, particularly heart disease, Alzheimer's and cancer.

ANTICANCEROUS EFFECTS

It has been suspected for several years that the frequent consumption of turmeric could be participating in the low incidence of certain cancers amongst the people of India. For example, while breast cancer is one of the most common types of the disease in North America, the incidence of breast cancer amongst Indian women is about five times lower.

Numerous studies have suggested that turmeric's preventative abilities is linked to its ability to attack cancer cells in different ways:

- It can inhibit the growth of many types of cancer cells;
It can stimulate the death of these cancer cells through a process called apoptosis;
- It can inhibit resistance to chemotherapy;
- It can inhibit angiogenesis, which is the formation of blood vessels in tumours;
- It can inhibit inflammation.

Recently, researchers from Michigan showed that curcumin also has the ability to interfere with cancerous stem cells in mammary tissue. These stem cells play a significant role in the progression of cancer as they have the ability to continually produce new cancer cells.

Worse still, the stem cells are very resistant to chemotherapy medications and are therefore capable of re-forming a tumour shortly after treatments have ended.

HALTING GROWTH

By using stem cells isolated from mammary tissue, the researchers observed that the addition of curcumin quickly halted their growth, while the compound had no effect on normal cells. This effect becomes even more significant when accompanied by the presence of piperine, a compound found in black pepper and recognized for its ability to increase curcumin's bioavailability.

These results are very significant as they suggest that the inclusion of turmeric in one's diet could prevent breast cancer as well as improve the efficiency of cancer treatments by reducing the number of cancerous stem cells found in the tumour. It is also interesting to note that a preliminary study conducted in France involving women with advance breast cancer showed that curcumin is well-tolerated and improves the patients' response to chemotherapy.

In addition to these studies, more than 15 clinical trials are underway in some of the world's top hospitals to gauge the efficiency of turmeric in treatments for various cancers.

The coming years look to be very promising when it comes to the creation of new cancer therapies based on the preventative properties of this spice.

Source: <http://www.torontosun.com>

Interesting health news for the month

Turmeric, scientifically known as *Curcuma longa*, one of the ancient spices used in everyday Indian cooking is capable of delaying liver damage. Turmeric is useful not only for imparting food its color and for its antiseptic properties but much more. This new research has been published in a journal named Gut, leading international journal in gastroenterology.

Curcumin found in Turmeric is the key ingredient responsible for delaying liver damage. Curcumin renders the spice its bright yellow colour. In order to study Curcumin's role in delaying liver damage, the Austrian research team incorporated Turmeric in the diet of mice.

The mice were chemically induced with liver damage and fibrosis. For four and a half months, scientists observed the effects of curcumin on the mice with chronic liver inflammation before and after intake of diet enriched with Curcumin.

programme currently feeding over one million school children across seven states in the India. Their kitchen in Jaipur, Rajasthan is having state-of-the-art facility and it is equipped to feed 30,000 children everyday.

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The Akshaya Patra Foundation
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When scientists compared the tissue and blood sample results of these mice with those fed with a diet sans curcumin they found positive indications. Not only did the curcumin diet reduced bile duct blockage but also put a brake on liver cell (hepatocyte) damage and scarring (fibrosis). The mice fed with a normal diet did not show such results. "Targeting these pathways may be a promising therapeutic approach," say the authors, led by Michael Trauner.

The research on Turmeric and its liver related effects is still in a preliminary stage. The findings of this study led by Michael Trauner may well lead to a development of a new liver drug. Michael Trauner works at the Gastroenterology and Hepatology division at the Medical University Graz in Austria.

The goodness of Turmeric has been hailed since long by practitioners of Ayurveda. With this as one more added benefit of Turmeric, the value of the spice even goes higher! Not only is Turmeric a natural product but is also easy to use in day to day lives. Chronic cholangiopathies have no known effective treatments and in most cases liver transplant is the only option. In view of such complications, Turmeric and its benefits are indeed a boon.

Source: <http://www.infocera.com>

Somayagya for Global Healing April 2010

Soma Yagyas are rare and ancient performances that take place over a number of days with the intention for bringing more light upon earth. In the Vedic era it was the duty of kings to perform them so there would be health, enlightenment and God consciousness in every heart and every home.

For more details on this please e-mail at info@vedicsociety.org

Website: <http://vedicsociety.org>

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